

PEAKS AND VALLEYS

A RETROSPECTIVE TO IDENTIFY
COMMON HIGHS & LOWS
THROUGHOUT THE SPRINT AND
DRAW OUT POTENTIAL ACTIONS.

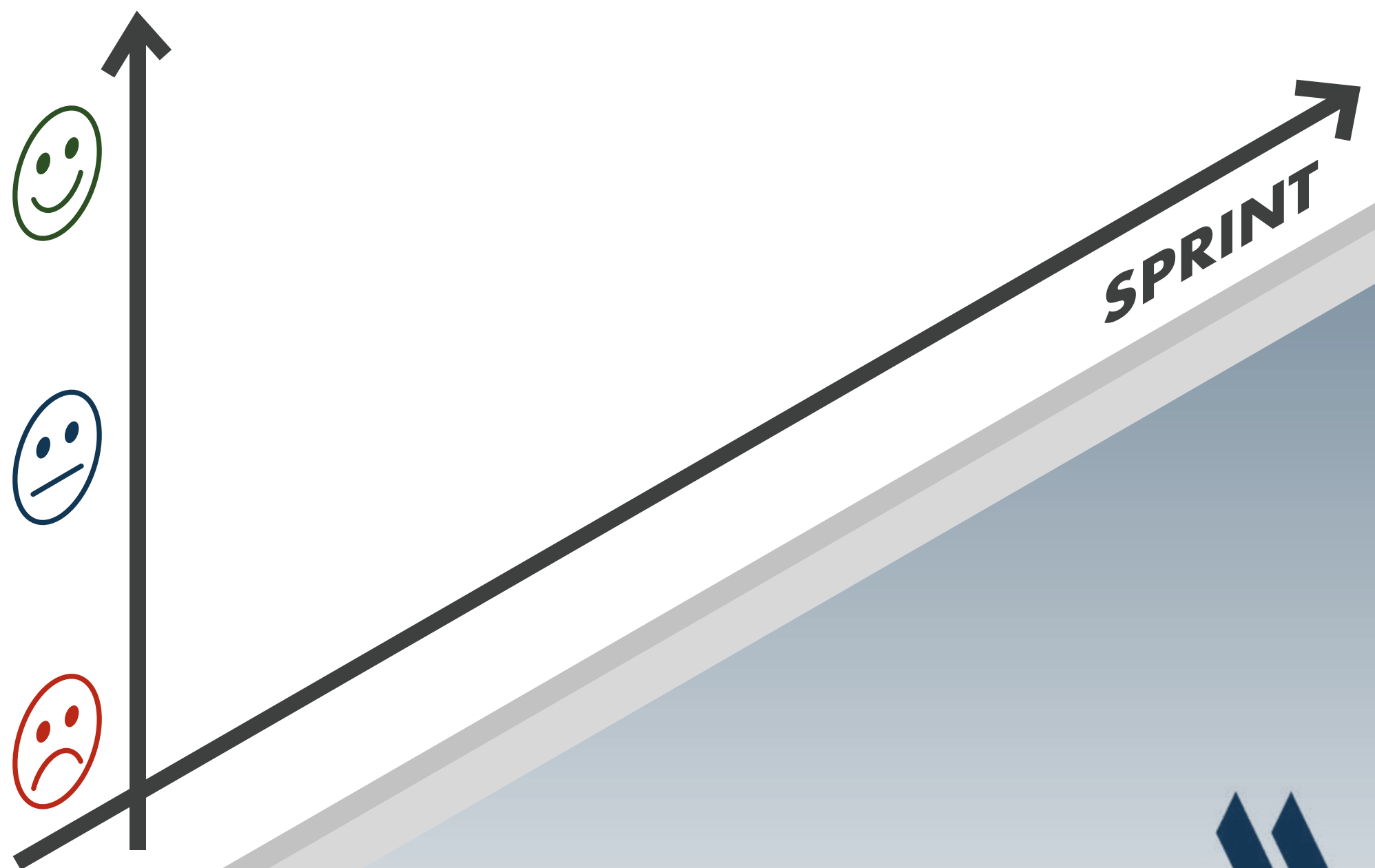


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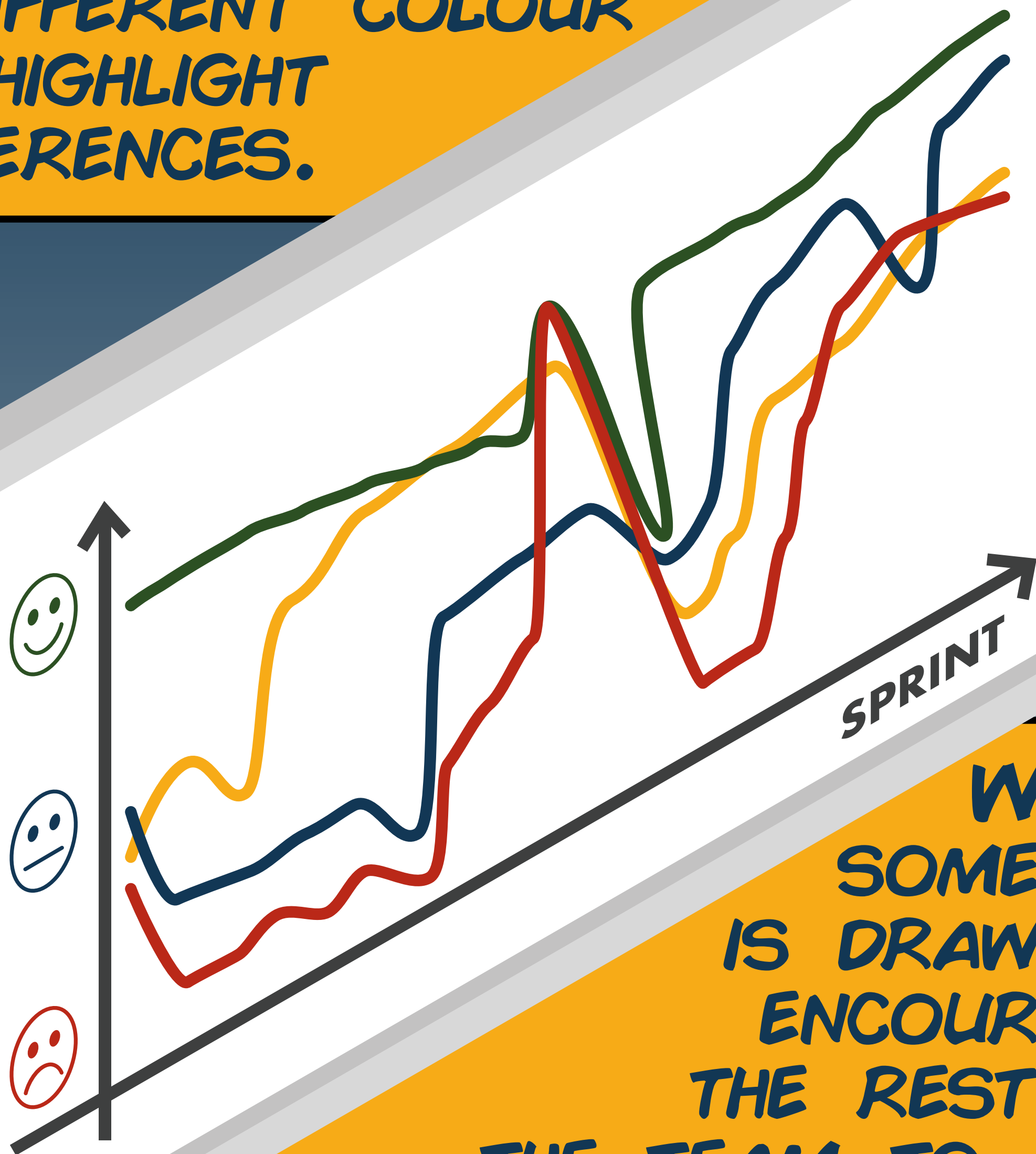
DRAW A SIMPLE X-AXIS & Y-AXIS ON A BOARD. PUT THE DURATION OF THE SPRINT ALONG THE X-AXIS. UP THE Y-AXIS, DRAW A SMILING FACE AT THE TOP, A NEUTRAL FACE HALFWAY DOWN AND A SAD FACE AT THE BOTTOM.



ASK EVERYONE TO TALK THROUGH HOW THEY FELT DURING THE SPRINT WHILST SIMULTANEOUSLY DRAWING A CONTINUOUS LINE INDICATING THEIR PEAKS AND VALLEYS OF THE SPRINT ACROSS THE CHART.



REPEAT UNTIL EVERYONE IN THE TEAM HAS DRAWN THEIR PEAKS & VALLEYS TIMELINE. IDEALLY EVERYONE USES A DIFFERENT COLOUR TO HIGHLIGHT DIFFERENCES.



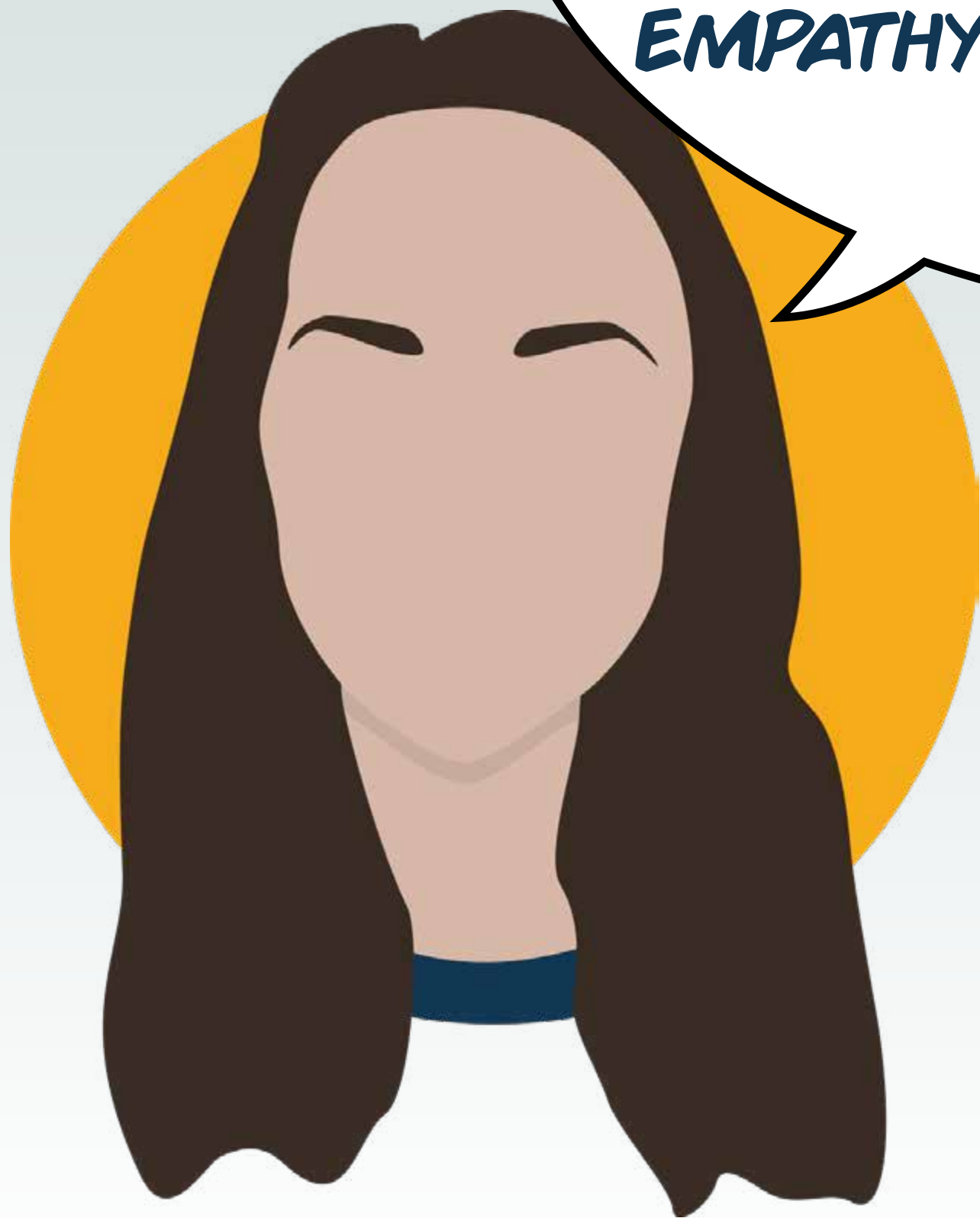
WHILE SOMEONE IS DRAWING, ENCOURAGE THE REST OF THE TEAM TO ASK QUESTIONS OR REMIND EACH OTHER OF KEY EVENTS. THIS WILL KEEP OTHERS ENGAGED.

ONCE EVERYONE HAS DRAWN, INSPECT THE BOARD AS A GROUP AND IDENTIFY THE COMMON THEMES. USE POST-IT NOTES TO HIGHLIGHT COMMON PEAKS OR VALLEYS. THIS GIVES A BIRD'S EYE VIEW OF THE SPRINT SENTIMENT.



ADDRESS THE VALLEYS AND WORK WITH THE TEAM TO AGREE AN ACTION OR TWO THAT WILL HELP AVOID OR MITIGATE THAT LOW POINT OCCURRING AGAIN IN FUTURE SPRINTS.

AFTER COMPLETING THIS RETROSPECTIVE, THE TEAM SHOULD HAVE MORE INSIGHT INTO EACH OTHER'S SPRINT JOURNEYS. IT'S A GREAT OPPORTUNITY TO GROW EMPATHY AND UNDERSTANDING IN THE TEAM.



FOR CHALLENGING
QUESTIONS YOU CAN USE
FOR THIS RETRO AND
MORE INFORMATION, VISIT
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